Research Regarding Ways of Increasing Self-control Behavior as Pertaining to Delay and Effort

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In this study, it was investigated whether training sessions using delay or effort increases choices of self-control behavior when interacting with other people or not. "Self-control" in this study refers to a state with a higher rate of behavior with a larger reinforcer in choice-making trials as compared to behavior with a larger reinforcer and a certain delay or effort and behavior with a smaller reinforcer and without delay and effort.

The training sessions involved choice-making trials according to condition criteria where delay or effort is/are gradually increased. This study selected the task of assigning two numbers for effort.

The experiment consisted of an initial assessment, initial training, secondary assessment, and secondary training, with a third assessment, in that order. All of these featured the two conditions of delay or effort. An assessment included both, while a training session included one, in turn. The participants were eight undergraduates or post-graduates.

The results of five participants suggested a generalization from delay training to self-control behavior with effort. The result deny it was only one, and also weaker. Thus, this generalization was considered to exist to some extent.

The results of two participants suggested a generalization from effort training to self-control behavior with delay, and there was no clear result to deny this. Thus, this generalization was considered not to exist, or to be weaker than the one going from delay to effort.